



SAUNDERS HOUSE

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A Healthy Tradition of Care and Wellness

Memory Care Tips for Making Your Visits Meaningful

When a friend or family member is diagnosed with Alzheimer's disease, others can have anxiety and reluctance about seeing the person with the disease. This is highly unfortunate because memory care experts say personal interactions are very beneficial and help to enhance the individual's overall well-being.

Memory care specialists at the **Mayo Clinic** and the **Alzheimer's Association** say that this initial hesitation is normal and is easily overcome with knowledge about how to have an enjoyable and productive visit.

Valuable Memory Care Tips for Making Your Visit Pleasant and Helpful

The **Alzheimer's Association's "Caregiver"** article, "[Positive Attitude: The Key to Successful Visiting and Holiday Gift Giving](#)," offers helpful recommendations that can make visits both beneficial and satisfying. These expert memory care tips can also help hesitant family members and friends to feel more comfortable and confident about visiting someone with memory loss.

- Introduce yourself and call the person by name before every verbal interaction with them, e.g. "Emily, it is so nice to see you!"
- Do not ask the person receiving memory care if they remember you. By saying this, you are constantly reminding the person of their deficits.
- Maintain eye contact throughout the conversation to show you are listening, say memory care therapists.
- Make sure you approach the individual from the front and at their level.
- Show your love and caring. You can use touch to let them know you care.
- Reduce the stimulation around you. For example, turn off the TV, radio and cell phone.
- Talk to the person as an adult. Speak in brief, easy to understand sentences. Don't "talk down" or use "baby talk" with them.
- Mention their former interests and hobbies. Memory care therapists say this can be used as a trigger for a positive response. For example, take a golf magazine for the former golfer or a gardening magazine for the woman who loved her garden.
- Bring items from the past with you. Photo albums are great for reminiscing. While recent memories may have faded for the individual, past memories are often vivid and clear. Photos from the past can spark conversation, elicit fond memories and make for a wonderful visit.



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- Don't ask numerous questions. It is better to make simple statements. For example, instead of saying, "Are you enjoying the beautiful summer weather?" Say, "It has been so beautiful this summer."
- Keep your visit short. If you visit for short intervals, you are more likely to have a successful interaction say memory care therapists.
- Never say "goodbye" at the end of a visit. It is better not to draw attention to the fact that you are leaving. Try saying "I love you."

By taking these memory care experts' tips to heart, you can have a pleasant visit that will make both of you feel better.

Discover Our Healthy Tradition of Care and Wellness

Located adjacent to Lankenau Medical Center, Saunders House – [part of Main Line Senior Care Alliance](#) – has a celebrated tradition of providing [exceptional care and services](#) to seniors and their families. It's a tradition we're proud to continue.

Today, Saunders House offers a range of services – including [short-term rehabilitation](#), [traditional nursing care](#), [restorative care](#), [memory care](#), [respite care](#) and specialized care for individuals with visual impairments – all in a setting that is warm, welcoming and nurturing.

For more information on Saunders House, our Short-Term Rehabilitation program and other professional services, please call us today at (610) 658-5100 or [contact us](#) online.

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